

FREE

THINGS TO DO WITH YOUR BABY & CHILD on the NORTH SHORE

(OR LOW COST)

Spring - Summer 2015 - May 11

DID YOU KNOW....?

The BC Healthy Kids Program helps low income families with the costs of basic dental care and prescription eye wear for their children. For more information, call: 1-866-866-0800 press 4 and then 2

SPECIAL EVENTS AND LOW COST PROGRAMS:

- ⌘ Community Day; Saturday, June 6 – West Vancouver's (Ambleside Park) annual community-wide celebration filled with fun for the whole family; children's activities, games, dance and performance stages; local food vendors and an expanded kids zone.
- ⌘ Canada Day: Wednesday, July 1 – Dress up in our national colours and join us for a red and white picnic at John Lawson Park. Enjoy plenty of live music, festive children's activities, delicious food, and a fireworks finale to top off the day's celebrations!
- ⌘ Musical Instrument Petting Zoo: Thursday, August 6 – West Vancouver Community Centre from 10:00 – 3:00 pm
Join us in the Atrium to try out a variety of woodwind, brass, string, and percussion instruments. Interactive demonstrations will be led by experienced musicians.



Family Support Services:

Confidential referral line 604-987-1411, available to North Shore families with children under the age of 19 who may be experiencing difficulties resulting from marital breakdown, family conflict or other stresses.

North Vancouver Food Banks:

North Shore Neighbourhood House – 225 East 2nd Street, North Vancouver operates each Wednesday of the month from 11:30 – 1:00 PM (with the exception of Income Assistance cheque-issue day) Harvest Project – 1073 Roosevelt Crescent, North Vancouver.

Free Community Meals:

St. Andrew's United Church provides free community lunch from 12:00 – 1:00pm every Thursday (except August) and free community dinner from 6:00 – 7:00 pm every Friday (except August) in the Friendship Room; 1044 St. George's Ave. NV.
Free Friday Dinners schedule: May 22, June 19, July 17, September 18, October 23, November 20 and December 11.
For more information call: 604-985-0408 or www.st-andrews-united.ca

PARENT & INFANT DROP-INS (NORTH SHORE COMMUNITY HEALTH SERVICES)

MONDAYS

Parkgate Community Centre
3625 Banff Court, North Vancouver
1:00 – 3:00 pm Consult. & Growth Monitoring
2:00 – 3:00pm Parent-Infant Talk
CLOSED IN THE SUMMER

WEDNESDAYS

Young Parents and Baby Drop-in
Program (Parents must be 24 years of age or younger) JBCC
145 West 1st Street, NV; 12:45 – 2:30 pm

TUESDAYS

Hillside Baptist Church
870 Lynn Valley Road, North Vancouver
1:00 – 3:00 pm Consult. & Growth Monitoring
2:00 – 3:00pm Parent-Infant Talk

THURSDAYS

John Braithwaite Community Centre
145 West 1st Street, North Vancouver
1:00 – 3:00 pm Consult. & Growth Monitoring
2:00 – 3:00pm Parent-Infant Talk

WEDNESDAYS

West Vancouver Community Health Centre
(WV Community Centre)
2121 Marine Drive, West Vancouver
1:00 – 3:00 pm Consult. & Growth Monitoring
2:00 – 3:00pm Parent-Infant Talk
CLOSED IN THE SUMMER

On-Call Nurse: 604-983-6700

HealthLink BC (24 hours/day): 8-1-1

Immunization Clinics: 604-983-6863

PARENT - CHILD MOTHER GOOSE

Mother Goose is a free, registered 10 week program. It is an experience that focuses on the pleasure and power of using rhyme, songs and stories together. (Ages birth to 3 yrs.) Several agencies offer the program. Please contact them individually to register.

Local libraries also offer Parent – Child Mother Goose. Please contact them directly for details. Refer to page 3 for contact info.

Family Services of the North Shore

To register call: 604-986-9311 or
www.familyservices.bc.ca

Location 1: WV Memorial Library

TBA

Location 2: I Hope Family Centre, Maplewood - 399 Seymour River Place & CNV library – 120 West 14th Street

Tuesdays until June 16
Toddlers:9:15-10:15;Infants: 10:30-11:30

North Shore Neighbourhood

House Location of Classes:

Location: **JBCC** Family Resource
Centre Playroom; until June 16
Tuesdays 9:30 – 10:30 am
145 West 1st Street, North Vancouver
To register call: 604-982-8315
website: www.jbcc.ca

Parkgate Community Services

Parent-Child Mama Duck; until June 22
Location: Parkgate Community Centre.
When: Mondays 10:00 – 11:00 am
To register: 604-983-6350

** For Child Care Providers Child Care
Resource Program

Location of Classes: St. John's
Anglican Church
220 West 8th Street, North Vancouver
When: Mondays 9:45 – 10:45
First class until June 15
No Need to Register.
Drop-in Organizer: Christine
Tel.: 604-985-7138

YOUNG PARENTS

NORTH SHORE NEIGHBOURHOOD HOUSE (NSNH)

Location: 225 East 2nd Street (Lower Lonsdale), North Vancouver
Website: www.nsnh.bc.ca

Young Parent Program

Call for details on program and to register:
Child minding provided.
Contact: Leanne Warner at 604-258-8325

NORTH SHORE NEIGHBOURHOOD HOUSE

John Braithwaite Community Centre

Location: 145 West 1st Street (Lower Lonsdale), North Vancouver
Website: www.jbcc.ca or contact: 604-982-8315

Lower Lonsdale Family Playgroup Drop-In (closed Stat. Holidays)

Mondays 9:30 – 11:30 & 12:30 – 2:30; Wednesdays 9:30 – 11:30 am
In Summer Mondays 9:30 – 11:30 & Wednesdays 9:30 – 11:30

Parenting - Help! My Kid Didn't Come with An Owner's Manual!

Mondays 7:00 – 9:00 pm; March 30 - May 11
Must pre-register by calling 604-982-8300 (for parents of 6-12 yrs. old)

Parent Education Series

Tuesdays 6:30 – 8:00 pm
Must pre-register by calling 604-982-8300

Successful Co-Parenting

Wednesdays 6:30 – 8:30 pm from May 6 to June 10
Must pre-register by e-mail anna.johnson@westcoastfamily.org
or phone 604-254-5457 ext.238

Story Time with the City Librarian

Thursdays 10:00 – 10:30 am (Birth - 2yrs.) and
10:30 - 11:00 am (2-5 yrs.) from April 2 to June 25

Grandparent Connections

Thursdays 3:30 – 5:30 pm from April 9 to July 30

NSMS Let's Learn Together

Fridays 9:30 – 11:30 am from April 17 to June 5
Must pre-register by calling 604-988-2931

Pacific Post-Partum Support Group

Fridays 12:30 – 2:30 pm till August 28
Must pre-register by calling 604-255-7999

Daddy & Me Drop In

A drop in dads only playgroup for fathers and their children
(birth - 6 yrs.). Enjoy a healthy dinner, art, stories, music, games,
explore science, sensory play and participate in our Father Goose,
circle time. Dinner is provided.
Fridays 6:00 – 8:00 pm from April 10 to June 26; \$ 5/dad, \$ 1/child

Services Offered

PCD Lower Lonsdale/Lynn Valley 604-982-8315

SINGLE MOTHERS SUPPORT & DROP-IN

North Shore Women's Centre-Single Mother's Support Group

Discussion, activities, and opportunities to connect with other Moms.
Every Saturday morning, free 1 year program, child care provided
Registration required: 604-984-6009. Program runs till June 22nd

Open Door Society for Single Mothers Drop-in

Hillside Church, 870 Lynn Valley Road, North Vancouver
Mondays 9:30 – 1:30 pm; contact Donna 604-985-1122 ext.: 28
Website: www.singlemomsopendoor.com

PLAY GROUPS, DROP- INS AND THINGS TO DO

FAMILY SERVICES OF THE NORTH SHORE

Suite 203 -1111 Lonsdale Ave., North Vancouver
Please check the website for an up-to-date calendar of events:
Website: www.familyservices.bc.ca, Facebook or 604-986-9311

Breastfeeding & Postpartum Support

Location: I Hope Family Centre, CNV Library 3rd Floor
Thur. 10-12 pm. To register 604-988-5281 ext. 226

Learning Together Through Play (LTP) Drop-In

I Hope Family Centre at 101 – 255 West 1st Street
Wed. & Fri. 9:15 - 11:30 am; 1:15 - 3:30 pm
Call for information 604-986-9311

Maplewood House, 399 Seymour River Pl.

Mon. Tues. & Thurs.: 9:15 – 11:30 am; 1:15 – 3:30 pm
Sat. 9:15 – 11:30 am

Takaya Aboriginal Family Program

Tues. 11:30 – 3:30 am; Registration required.
Contact Brenda at 604-765-2827

WEST VANCOUVER CHILD & FAMILY HUB

WV Community Centre, 2121 Marine Drive, West Vancouver
To register: website: www.westvancouverrec.ca

Properties Family Hub

Location: Chartwell Elementary School

To learn about programs, services and how to register:
visit: www.sd45.bc.ca

Free Parenting Workshops

Contact Centre for more information: 604-925-7270

Story-House Family Drop-In (Story-house 2nd Floor)

WV Memorial Library, 1950 Marine Drive
Mondays 12:45 – 2:45 pm till June 8

Story-time at Gleneagles Community Centre

Wednesdays 10:00 – 10:30 am till May 27

Immunizations for Young Children

Free every Thursday in the Garden Room.

By appointment 604-983-6863

Family Open Gym

Gleneagles & WV Community Centre offer open gym.
Please call 604-925-7270 to confirm times

Toonie Swim for All

Sunday 7:00 pm – 10:00 pm; Children under 3 are free

STRONG START North & West Vancouver

Will resume in September

Free drop-in for preschool children and their parents/caregivers
(September – June)

Program offers a variety of activities for developing early learning
skills and snacks is provided.

For further information contact:

West Vancouver School District at 604-981-1000 or

check their website: www.sd45.bc.ca

North Vancouver School District: 604-903-3444

PARKGATE COMMUNITY SERVICES

3625 Banff Court, North Vancouver

Contact: 604-983-6350 or www.myparkgate.com

Lynn timer Family Drop-In (Cost: \$2/family)

Lynn timer – Jaycee House, 1251 Lillooet Road, NV

Wednesdays - Apr. 8 - June 24; from 9:15 – 11:15 am

Parkgate Playgroup Parkgate Community Centre

Monday – Thursday 9:30 – 11:30 drop-in/5 per family

Contact Front Desk: 604-983-6350 from Apr. 6 – June 19

Dad's Sport Night (Free) – 1st Wednesday of the month

Seymour Youth Centre – 949 Lytton St. from 6:30 – 8:00 pm

NOTE: NOT OPERATING IN THE SUMMER

Parent Community Activities (Free)

Parkgate Comm. Centre every 2nd & 4th Tuesday of each month

6:00 – 7:30 pm

Contact: PCDs 604-983-6444 ext.: 849

Parkgate Breastfeeding drop-in

Monday 1:00 – 2:00 Community Room – 2nd Floor

LOW COST

NORTH VAN REC. & CULTURE – Parent Tot Gym

John Braithwaite Recreation Centre \$ 1/child

Tues. & Thur. from 9:30 – 11:30 am from April 2 – June 30

Summer schedule: Sat. 9:15 – 11:15 am from April 4 – Aug. 29

Parkgate Community Centre \$1/child

Fri. 3:30 - 5:15 pm until June 26 & Sat. 10:30 - 12:00 pm till June 20

Ron Andrews Recreation Centre \$ 1/child

Tues. 11:20 – 12:30 till June 23; Wed. 1:00 – 2:15 till June 24 &

Fri. 11:20 – 12:30 pm till June 26

See website for others, classes change etc: www.nvrc.ca

WEST VANCOUVER FAMILY PLACE – 604-925-7141

West Vancouver Community Centre, 2121 Marine Drive, WV

Family Drop-in till June 26; Monday to Friday from 9:00 – noon

Play time with Dad or Grandpa; Sat. from 9:00 – 10:30 am

For children ages 0-6; drop-in fee \$ 5/family

LIBRARY PROGRAMS:

North Shore libraries offer various programs and story times for
babies, children and families. Contact your local library for up-to-date
details.

FREE INTERNET ACCESS:

Available at all Public Libraries and John Braithwaite Community
Centre and NS Community Resources.

CIRCLE OF CARE (for Care Providers)

A free drop-in program for children and their child care
Providers / nannies to network and play. Snack is provided.
For more information contact Tunde Getaneh 604-982-3324

John Braithwaite Community Centre, 145 West 1st,

Tuesdays 9:30 – 11:30 am until June 30

(except: Tuesday May 19)

Parkgate Community Centre, 3625 Banff Court

Fridays from 9:30-11:30 until June 19

PARK PROGRAMS

WHEELS IN THE PARK – connectforkids.ca

WHEELS mobile information and Resource program will be in the
Parks from July 7th to August 27th from 10 to 11:30, Activity for
children and information/resources for parents.

Tuesday at St. Andrews Park, Wednesday at John Lawson Park

Thursday at different Parks on the North Shore. Story time with the
librarian at 10:30 am at St Andrew's Park and John Lawson Park.

SUMMER IN THE PARK

Water play, art, activities, games, story time and much more. Hosted
by North Shore Neighbourhood House PCD Developers.

Tel: 604-982-8315 (cancelled if raining, no playgroup Aug. 3)

Viewlynn Park – 2510 Viewlynn Drive

Mondays 10:00 – noon from July 13 – Aug. 17

Inman Park – 200 East 1st Street

Tuesdays 10:00 – noon from July 14 – Aug. 18

SUMMER PLAYGROUP IN THE PARK – www.myparkgate.com

Tuesday mornings 9:30 – 11:30 am rain or shine

Digger Park - July 7, 21, Aug. 4, 18 and Sept. 1

Myrtle Park – July 14, 28, Aug. 11 and 25

Hosted by PCD 604-983-6444 ext.: 849

RECREATION PROGRAMS

North Vancouver Recreation Programs: 604-987-7529 (PLAY)

Website: www.nvrc.ca

Click on Leisure guide to view programming and events.

West Vancouver Recreation Programs: 604-925-7270

Website: <http://westvancouver.ca/Residents>

Click on "Recreation" to locate leisure guide

HELPFUL INFORMATION

24 Hour Crisis Line: 604-872-3311

24 Hour Women's Crisis Line: 604-987-3374

Poison Control: 1-800-567-8911

Sage House: 604-987-3374 (all services confidential)
Transition house for women and children seeking shelter.

Family Services of the North Shore: 604-988-5281

Counselling support for individuals and families.

Website: www.familyservices.bc.ca

Harvest Project (food and clothing): 604-983-9488

1073 Roosevelt Crescent, North Vancouver

Assists people who are going through any form of transition that affects normal living, be that work, school, addictions, homelessness, or mental and physical illness.

HelpLine for Children: 604-310-1234

Phone line for the report of child abuse and neglect, 24 hours

Infant Development Program (IDP): 604-986-1358

In-home consultations (birth to 3 years old)

Information Children, Parent Helpline: 778-782-3548

Parenting Help Line open 10am – 2pm;

infochild@sfu.ca

Pacific Post Partum Support Society

For Mothers with Young Children or Pregnant Women

Telephone Support: 604-255-7999 and

Weekly Support Groups; www.postpartum.org

La Leche League: 604-520-4623

Breast feeding support

North Shore Community Resources (NSCR): 604-985-7138

Information on many North Shore programs & services.

Website: www.nscr.bc.ca

Child Care Resource & Referral (CCRR):

604-985-7138 Consultation & referral regarding

child care options; information about Child Care Subsidy

Legal Information & Advocacy: 604-985-7138

North Shore Multicultural Society (NSMS): 604-988-2931

Helps newcomer families with a range of settlement information, referrals and offers parenting workshops and programs.

Website: www.nsms.ca

North Shore Women's Centre: 604-984-6009

Provides women with resources (information, referral, & advocacy). Offers Single Mom's Support Group beginning each

September. Website: www.northshorewomen.ca

Parent Support Services (Vancouver): 604-669-1616

Salvation Army: 604-988-7225

105 West 12th Street, North Vancouver

Provides emergency social services to individuals and families.

Assistance with food, clothing, and furnishings. Also serves victims of emergencies/disasters such as house fires or floods.

Greater Vancouver Food Bank

www.foodbank.bc.ca or tel.: 604-876-3601

HELPFUL WEBSITES:

For new immigrants: www.immigrantguide.ca

Great resources for families: "Connect for Kids" website: www.connectforkids.ca

Safety websites: www.bcchildrens.ca/KidsTeensFam/ChildSafety/SafeStart/default.htm

www.preventable.ca

www.safekidscanada.ca

www.thinkfirst.ca

SERVICES OFFERED

Parent Community Liaison and Parent Community Developers

A Parent Community Liaison and a Parent Community Developer is a parent that is in the community to work with other parents. They help parents to access important community resources, to build skills and knowledge in the community and to help provide a voice. They also facilitate the North Shore Parent Activity Group.

First Years Count, Coordinator

Contact: Diane Atkinson, 604-982-3304

MAMA DUCK; PARENT NIGHT OUT, DROP-INS AND PARENT COMMUNITY DEVELOPERS

Parent-Child Mama Duck (P-CMD) & Parent Community Developers (PCD)

East of the Seymour River

Hosted by Parkgate Community Services

Contacts: P-CMD and PCD Programs

Sara Sutherland 604-983-6365

PCD, Lynnmour and Maplewood, 604-983-6444 ext. 849

Lower-Lonsdale Drop-In at John Braithwaite Community Centre (JBCC) & Parent Community Developers (PCD) -

Lower Lonsdale and Lynn Valley neighbourhoods

Hosted by North Shore Neighbourhood House

Contacts: Lower Lonsdale Drop-In: Julie Anderson,

Family Resource Centre Coordinator, 604-982-8315

CAPC Site Supervisor: Farah Rahimi 604-982-8315

PCD Lower Lonsdale / Lynn Valley 604-982-8315

Parent and Aboriginal Parent Community Liaison

(Parent Activity Group Chairperson + Parent Activity Group)

Contact: Brenda Antone 604-765-2827

FIRST YEARS COUNT: Our Children, Our Community, Our Commitment
North Shore Community Agencies Working Together for Children

Financial contribution from

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